



Disability Resources

Introduction

Disability Resources focus on **needs and services that are aimed at individuals with disabilities and families** within the Greater Los Angeles area. These resources cover general resources, legal & advocacy services and support with employment.

Disability Inclusive Language Use

People-first (“person with disability”) vs. Identity-first (“disabled person”)

People-first is widely used in academia and literature but it may be dehumanizing or diminish disabilities. Identity-first has recently been more widely used to celebrate disability pride and identity.

BUT there's no unanimous decision! It's a personal preference and it's always best to ask.

General Resources

Regional Centers

Each Regional Center is a nonprofit, private corporation that contracts with the California Department of Developmental Services (DDS) to coordinate or provide community support, resources and access to services for individuals with developmental disabilities and their families. They provide assessments, determine eligibility for services, and offer case management services along with primary care providers.

- Regional Center Locator: <https://www.dds.ca.gov/rc/lookup-rs-by-county/>

Mental Health Services

Didi Hirsch

Did Hirsch is a clinic that provides **teletherapy and telemedicine services**. The clinic is dedicated to helping everyone and has options for those who do not have internet access and for those who need urgent in-person care. To schedule an appointment, call 888-807-7250 Monday through Friday, 8:30am to 5:00pm. Visit <https://didihirsch.org/> to learn more.

For Young Individuals with Disabilities

Expressive Movement Initiative

Expressive Movement Initiative aims to promote dance and movement therapy for young individuals with disabilities by offering free weekly dance classes for dancers to learn various introductory dance techniques. Dancers are paired with a volunteer to have personalized one-on-one sessions. Recruitment of new dancers and families occurs each quarter and are available for those interested within or outside California.

- linktr.ee/emi UCLA

Employment Services

The California Fair Employment and Housing Act (FEHA) and the Disabled Persons Act protect people from discrimination based on disability. The following resources include job opportunities and employment services and tips for professional development, especially those that are equitable for people with disabilities.

California LEAP Program

Through the California Employment Development Department, the California Limited Examination and Appointment Program (LEAP) is an alternate recruitment and hiring program catered to individuals with disabilities. Instead of taking the traditional state civil service exam, individuals can demonstrate their knowledge and skills to earn a state job position through on-the-job testing. Visit https://www.edd.ca.gov/About_EDD/LEAP_Program.htm to learn more about this program.

U.S. Equal Employment Opportunity Commission Guidance on Americans with Disabilities Act (ADA)

Provides summarized information from the U.S. Equal Employment Opportunity Commission about the Americans with Disabilities Act of 1990 (ADA) to learn about employment rights. Answers important questions about qualifications to be protected under ADA as well as employees' rights to ask for "reasonable accommodations" and provides helpful resources on how to obtain assistance on workplace discrimination. Specific protections and resources under ADA can be found at <https://www.eeoc.gov/laws/guidance/your-employment-rights-individual-disability>.

Legal and Advocacy Services

Legal Aid at Work's Disability Rights Program

Legal Aid at Work is a non-profit organization that advocates for civil rights of people with disabilities regarding employment, education and public services (e.g., equal access to public facilities or education at public schools). Offer free legal advice and referrals for workers and job seekers with disabilities at Workers' Rights Clinic. Services are available in English, Spanish, Cantonese, Mandarin, and other languages. Due to COVID-19, all clinics are operating virtually. To learn more, visit <https://legalaidthatwork.org/our-programs/disability-access-rights/> or call the toll-free helpline (877-350-5441) for more information.

Protected Leaves and Disability programs in San Bernardino County

Protected Leaves and Disability Programs provide different programs within the San Bernardino County area to allow individuals time away from work due to disabilities. Short-Term Disability (STD) benefits are available in the event of a non-work related illness or injury that requires you to be off work more than seven (7) consecutive days. Long-Term Disability plan is a County-paid benefit that provides partial income replacement for Fire Management Unit and Exempt employees that are unable to work due to a non work-related disability. To learn more, visit <https://hr.sbcounty.gov/employee-benefits/protected-leaves-and-disability/>.

Disability Rights California

Disability Rights California strives to update information on a wide range of topics such as abuse and neglect, assistance animals, disability-related discrimination, education, employment, healthcare, housing, and immigration. Include information on various California programs and eligibility criteria that may be of interest. For a list of Self-Advocacy Resources, visit <https://www.disabilityrightscalifornia.org/publication>. For additional helpful links and information (on employment, medical, mental health, social security special education, etc.), visit <https://www.disabilityrightscalifornia.org/resources/helpful-links>.